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SPRING IS BURSTING OUT ALL OVER NEW HAMPSHIRE

Time to get out and smell the flowers, view the gardens, taste the locally-grown food and more

Concord, New Hampshire, April 27, 2010 – The sights, sounds, scents and flavors of spring in New Hampshire are filling the air. Before long bountiful farmers' markets will be opening for the season and diners will be able to enjoy their meals outdoors at any number of the state's award-winning restaurants, bistros and cafes. Indeed, spring has sprung in New Hampshire, and with it abundant opportunities to get out and experience the season of renewal in a variety of different ways.

Director of the NH Division of Travel & Tourism, Alice DeSouza, said "New Hampshire's spring scenery is second to none; as the earth comes back to life it is the perfect time to enjoy the great outdoors of our beautiful state. And there is so much to experience – from flower festivals and gorgeous gardens, to hiking and biking through our trails and wood paths, to delicious meals at sidewalk cafés."

Flower Festivals and Gorgeous Gardens

Two of New Hampshire's most popular and beautiful springtime events are the annual [Fields of Lupine Festival](#) in Franconia Notch and the [Lisbon Lilac Festival](#). Lisbon honors the State Flower each Memorial Day Weekend with a three-day event that includes a 5K Fun Run/Walk, parade and carnival and culminates with spectacular fireworks. The Fields of Lupine Festival (June 4-20, 2010) pays homage to the annual blossoming of this captivating wildflower. The communities of

Franconia, Easton, Sugar Hill, Bethlehem, Littleton and Lisbon join together to showcase this colorful pageant, where brilliant spikes of lupine flower carpet local fields and pastures in a rolling sea of vibrant purples, pinks, blues and whites.

Public homes in New Hampshire are opening their doors and garden gates for visitors to stop and smell the roses – as well as the peonies, orchids and violets. [Fuller Gardens](#) in North Hampton is a turn-of-the-century public botanical garden located on the ocean, featuring rose bushes of hundreds of varieties, formal English perennial borders, Japanese Garden and Conservatory. The garden at [The Fells](#) is situated on a nearly 1,000-acre hillside overlooking scenic Lake Sunapee. It is the former lakeside home of American writer and diplomat John M. Hay. [Saint Gaudens](#) in Cornish is comprised of 150 acres of studios and gardens, as well as the home of one of America's foremost sculptors, Augustus Saint-Gaudens.

Fresh and Local

Today's consumers are more aware and concerned about the sources of their food supply, making locally produced foods even more appealing. The [New Hampshire Farm to Restaurant Connection](#) (NHFRC), which has existed since 2004, links NH farm and food producers with local restaurants; and an increasing number of eating establishments are using local produce, herbs and other ingredients to support area farms while bringing healthier choices to their customers. In Manchester, a group of concerned eaters is starting a co-op similar to Concord's Cooperative Market and the co-op in Lebanon, with a goal of getting more local products into Manchester restaurants. One of Manchester's newest restaurants, [Republic Café](#), prides itself on serving seasonal, local, sustainable and organic ingredients whenever possible.

Director of the Division of Agriculture Development, Gail McWilliam-Jellie, said "We are striving to bring more local foods of all kinds – produce, as well as meats, cheeses and more – to home as well as restaurant tables. Just picked produce, like lettuce, tomatoes and herbs, tastes better and nothing beats the freshness." McWilliam-Jellie added that this is market-driven as people become increasingly more conscious of what they're eating and where it comes from. "People want to know how their food was produced and oftentimes in New Hampshire they can even meet the farmers who grew it."

The [Wine & Cheese Trails](#) in New Hampshire are an expression of the Granite State's commitment

to bringing the best from farm to table. Visitors can tour a dairy farm, take a walk through the vineyards and enjoy samples of authentic New Hampshire flavors. And new this year is the state's [Brewery Map](#), highlighting the excellence and inspired diversity of fresh, handcrafted NH-made beer. The Granite State is home to some of the best breweries in New England.

[New Hampshire Farmers' Markets](#) – coming to a location near you in May – offer the colorful and tasty bounty of local farms and gardens. Residents and visitors alike are encouraged to enjoy the friendly, open air market atmosphere while shopping for fresh vegetables, fruits, flowers, locally prepared foods and specialty items. Consumers also get the opportunity to chat with local farmers, and get some tips on starting their own fruit and veggie gardens.

Enjoying the Great Outdoors

It doesn't get any more local than catching your own fish in New Hampshire. This is the time of year when the weather fluctuations and temperature changes are indicating that it's time to dust off the fishing gear! The Granite State offers more than 12,000 miles of rivers and streams, many of which are stocked with a wide variety of fish. To learn more, visit the [New Hampshire Fish & Game](#) website – for fishing, hunting and wildlife-watching information, plus online licenses.

Spring is also a perfect time to get back on the [hiking](#) and [biking](#) trails. Cyclists and hikers well know the beauty of New Hampshire's unique terrain. Warm spring days are perfect for exploring the state's scenic byways and country roads. Whether you join a guided hike or set out on your own with family or friends, the state offers endless opportunities to explore the outdoors on foot. There are thousands of miles of scenic trails, including in the [White Mountain National Forest](#) and a section of the Appalachian Trail.

New Hampshire's many scenic country roads also make for ideal touring; you can even pack up and ride from campground to campground or inn to inn. Off-road cycling enthusiasts have hundreds of options. Many ski areas welcome mountain bikers in warmer weather, and lift-served biking is available. For more information on hiking and biking in New Hampshire, visit the [Appalachian Mountain Club](#), [New Hampshire State Parks](#), the [NH Trail Bureau](#) and [New Hampshire Bike/Ped](#).

As the temperatures warm, it is inevitable that bikers, hikers and/or walkers will come across some

major snow-melt in their travels. The spring sun is causing the white-peaked mountains to erupt into dramatic cascading waterfalls. And there are several places to view this natural phenomenon in New Hampshire: Glen Ellis Falls in Pinkham Notch; Silver and Flume Cascades in Crawford Notch; Cascades in Franconia Notch, where the Basin is a nice walk along a paved path to the whirlpool and waterfall; and Huntington Cascades in Dixville Notch. Also, the Kancamagus Highway is rife with waterfalls. The Swift River in the Lower Falls becomes even swifter in spring time; west of Lower Falls is Rocky Gorge; and heading toward Lincoln, about 3.5 miles past Bear Notch Road, is Sabbaday Falls with easy footpath access to the 35-foot falls.

Alice DeSouza said, “Whether you wish to feast your eyes on nature’s wonders, experience one of New Hampshire’s signature floral events, indulge in a farm-fresh meal or embark upon an invigorating outdoor activity like hiking or biking, you will not be at a loss for exciting, unique things to do in New Hampshire during spring. There is no better place to enjoy the delights of this special season.”

Spring is a perfect time to consider visiting New Hampshire for a weekend or even longer; and many lodging places throughout the state offer special early season and multi-day deals and packages. For more information, visit [Yankee Dollar-Stretcher Deals](#) at the VisitNH.gov website.

ABOUT THE DIVISION OF TRAVEL AND TOURISM DEVELOPMENT

The Division of Travel and Tourism Development, as part of the New Hampshire Department of Resources and Economic Development, works with the state’s seven travel regions to increase visitation, travel and visitor expenditures in order to expand business activity and employment throughout the state. The division is responsible for domestic and international advertising and public relations, literature publication and distribution, www.visitnh.gov administration, grant administration and research to monitor and measure the impact of travel and tourism to the state. For more information about New Hampshire tourism, call 603-271-2665 or visit www.visitnh.gov.

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